

# NDT Facilitation Techniques

## Instructor:

Lois Bly, MA, PT

NDT Coordinator Instructor USA

## Dates:

4 & 5 February, 2011

## Venue:

Dubai, exact location will be announced soon



## COURSE DESCRIPTION

In this two day course, NDT FACILITATION TECHNIQUES will be reviewed and practiced. During each session participants will learn facilitation techniques appropriate to use with children and adolescents with cerebral palsy.

Participants will practice each technique on various classmates and will have techniques practiced on them. This is entirely a LAB COURSE. Participants must wear lab clothes.

Facilitation techniques will include those used for transitional movements, trunk, upper extremity, and lower extremity mobility and control. There will be video excerpts of the techniques during treatments of children with cerebral palsy demonstrate the actual application of the techniques. The book by Lois Bly and Allison Whiteside, Facilitation Techniques Based on NDT Principles will be used as the text.

## ABOUT THE INSTRUCTOR

Lois Bly, M.A., P.T., is an NDT Coordinator Instructor and clinician who has offered seminars, workshops and NDT certification courses throughout the United States, Canada, Australia, Brazil, Argentina, Peru, Chile, South Africa, Hong Kong, Scotland and Ireland. Ms. Bly was certified in Neuro-Developmental Treatment by the Bobaths in London, and received her NDT Instructors Certification from Mary Quinton and Dr. Elsbeth Koeng of Switzerland. She received her Masters Degree in Motor Learning at Teachers College, Columbia University. She is the author of the monograph, Components of Normal Movement During the First Year of Life and Abnormal Motor Development, and the books Motor Skills Acquisition in the First Year and Baby Treatment Based on NDT Principles and co-author with Allison Whiteside of the book Facilitation Techniques Based on NDT Principles. Most recently she published the Motor Skills Checklist based on the book Motor Skills Acquisition in the First Year

## OBJECTIVES

The participant shall learn and practice:

- Facilitation of transitional movements from prone to standing.
- Facilitation techniques to increase trunk mobility and control.
- Facilitation techniques to increase upper extremity mobility and control.
- Facilitation techniques to increase lower extremity mobility and control.
- The participant shall learn to recognize compensations and deviations from normal movements.

## AUDIENCE

Physical therapists, Occupational therapists  
And final year physiotherapy / occupational therapy students

Organized by  
Edutrack Events  
Dubai, United Arab Emirates

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## SCHEDULE

DAY 1	
7:30 - 8:00	Registration
8:00 - 8:30	NDT Treatment Principles -Lecture
8:30 – 10:00	Introduction to Facilitation – Lab  -Prone to Stand  -The Importance of Weight Shifts in Facilitation
10:00-10:15	Break
10:15-12:00	Principles of Facilitation in Treatment
12:00 – 1:00	Lunch
1:00 – 3:00	Why work on the trunk? - Lecture
3:00 – 3:15	Break
3:15 – 5:00	Facilitation of Trunk Mobility and Control - Rotation
5:00	End
DAY 2	
8:00 – 10:00	Facilitation of Shoulder Girdle Mobility and Control & Facilitation of Upper Extremity Use
10:00-10:15	Break
10:15 – 12:00	Continue
12:00 - 1:00	LUNCH
1:00 – 3:00	Facilitation of Pelvic Girdle Mobility and Control Facilitation of Lower Extremity Use
3:00-3:15	Break
3:15 – 4:45	Continue
4:45-5:00	Wrap up
5:00	End

## REGISTER ONLINE

Please submit your registration online at [www.physioseminar.net](http://www.physioseminar.net)

## Enrollment is limited

Participants are accepted on first come first serve basis

## **COURSE FEE: AED 1650**

Fee includes Tuition, Morning and afternoon refreshments, Lunch and Certificate of Attendance.

## **PAYMENT**

Cash deposits to any branch of DUBAI ISLAMIC BANK Account No: 30580344339601, of Mr. Mujeeb Noorudeen and Email / Call to inform the payment details  
OR

By Cheque in favour of Edutrack events, Dubai  
Email / SMS / Call to inform the Pyament details.

Once proof of payment is received, we will send you the confirmation. If you didn't hear from us within 2 working days after registration and payment, please contact us.

**Last day for Payment and Registration is January 5<sup>th</sup> 2011**

No refund after January 5<sup>th</sup> 2011, If the course is cancelled, full fee refund will be made

**For more information visit  
[www.physioseminar.net](http://www.physioseminar.net) or  
Call 00971 50 9842173**

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Edutrack Events, P O Box 241712  
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